



# Easy Baked Thai Green Chickpea Curry

with Rice & Peanuts

Grab your Meal Kit with this symbol



Jasmine Rice



Chickpeas



Carrot



Baby Broccoli



Thai Green Curry Paste



Garlic Paste



Coconut Cream



Baby Spinach Leaves



Roasted Peanuts



Coriander

- Hands-on: 10-20 mins
- Ready in: 35-45 mins
- Spicy (Thai green curry paste)

We know there's no set rules for making a Thai green curry, which is why we've cooked ours in the oven for maximum hands-off time. It's an easy-peasy vegetarian version that'll knock your socks off!

### Pantry items

Olive Oil, Rice Wine Vinegar, Soy Sauce

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan with a lid · Medium or large baking dish

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1¼ cup	2½ cup
jasmine rice	1 packet	2 packets
chickpeas	1 tin	2 tins
carrot	1	2
baby broccoli	1 bunch	2 bunches
Thai green curry paste	½ tin	1 tin
garlic paste	1 packet	2 packets
coconut cream	1 box (200ml)	1 tin (400ml)
water* (for the curry)	½ cup	1 cup
rice wine vinegar*	1 tsp	2 tsp
soy sauce*	1 tsp	2 tsp
baby spinach leaves	1 bag (30g)	1 bag (60g)
roasted peanuts	1 packet	2 packets
coriander	1 bag	1 bag

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3595kJ (859Cal)	634kJ (151Cal)
Protein (g)	19.6g	3.5g
Fat, total (g)	43.8g	7.7g
- saturated (g)	25.7g	4.5g
Carbohydrate (g)	95.1g	16.8g
- sugars (g)	10.4g	1.8g
Sodium (mg)	1268mg	224mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Cook rice

Preheat the oven to **240°C/220°C fan-forced**. Add the **water (for the rice)** to a medium saucepan and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!

3



## Make it saucy

Remove the baking dish from the oven and add the **baby broccoli, coconut cream and water (for the curry)**. Stir to combine. Return to the oven and bake until the veggies are tender, **8-10 minutes**. Add the **rice wine vinegar, soy sauce** and **baby spinach leaves**. Stir to combine and season.

2



## Get prepped

While the rice is cooking, drain and rinse the **chickpeas**. Thinly slice the **carrot** (unpeeled) into rounds. Trim and roughly chop the **baby broccoli**. In a baking dish, add the **chickpeas, carrot, Thai green curry paste** (see ingredients), **garlic paste** and a drizzle of **olive oil**. Season. Toss to coat then bake for **15 minutes**.

4



## Serve up

Divide the rice between bowls and top with the baked Thai green chickpea curry. Sprinkle over the **roasted peanuts**. Tear over the **coriander**.

## Enjoy!